

## Major Chakra Locations, Connectors, and Anchor Sets

All connectors and anchors originate from the middle of the sides of the Chakra corridors\* and end in different locations. These locations are listed below. Re-connect the chakras (as needed) in sequence listed below. When working with a chakra requiring connection, always do all connectors and anchor sets for that chakra. Restore connectors and corresponding anchor sets together for the chakra. (i.e.: First do connector 1 and then anchor 1. If there is another connector, proceed to connector 2 and then to anchor 2.)\*\* All connectors "screw in" and anchors "hook in". Most connectors and anchors are pulled out at the same time.

	Location	Connector	Anchor Set
Chi Pool	Soul Layer bottom of HES	<ol style="list-style-type: none"> <li>1. Roots – Pull out and down from the arches of feet and bring down to the Chi Pool. Left foot to gold wisdom pool, right to blue function pool. (Roots serve as connectors and anchors to the chi pool and are also related to the Axis Chakra)*</li> <li>2. Start at the base of spine (tailbone) pull one layer of the tail/connectors at a time (6 layers) into a single side of the Chi Pool- Your hands will lead you to the correct pool for the client.</li> <li>3. For connectors that feel like tubes, push in the back of both knees.</li> </ol> <p>NOTE: After all 6 tail layers hook into chi pool, it separates beneath the chi pool into 6 strands &amp; moves to the core sheath where it weaves together again. This tail continues down the core sheath occasionally wrapping around it to the base of the core sheath (core exit point), where the reconfigured tail wraps 3 times around it.</p>	<ol style="list-style-type: none"> <li>1. Anchor the 1<sup>st</sup> group of roots into base of 5<sup>th</sup> metatarsals on sides of the feet. The 2<sup>nd</sup> group is brought thru the Axis (where some remain), the remaining roots continue to the Chi Pool. A 3<sup>rd</sup> group continues to the inner edge of Soul Layer.</li> <li>2. Pull 6 anchor sets (one for each layer of the tail) up from the Chi Pool to the base of the spine.</li> <li>3. To the lateral midpoint of each knee.</li> </ol>
Axis	Primal Layer Tribe or Instinct Strata 18-24" below feet	<ol style="list-style-type: none"> <li>1. *From the bottom of the arches of each foot, pull multiple roots out into axis. Roots (number of roots will vary) then connect randomly throughout the Axis. Some roots continue beyond the Axis to Chi Pool and some go into inner edge of Soul Layer (See Chi Pool).</li> </ol>	<ol style="list-style-type: none"> <li>1. Extend anchors (number of anchors sets will vary) from left and right sides the Axis Chakra into Primal Layer, Tribe Strata. They will all anchor into the Template strands attracting them.</li> </ol>
Lunar	Emotional Layer Foundational Strata suspended betw. ankles	<ol style="list-style-type: none"> <li>1. From the chakra (1<sup>st</sup> pop the connector lid) go into the indented point between ankles (half way between bottom of the foot and the anklebone and slightly toward the heel).</li> </ol>	<ol style="list-style-type: none"> <li>1. From the connector site, set anchors forward on almost to the arch.</li> </ol>
Root	Bio Layer perineum	<ol style="list-style-type: none"> <li>1. Go down from the Root Chakra to the left and right side of the perineum to connect.</li> <li>2. *Connect tail from base of spine into center of appropriate chi pool with it's hook (See Chi Pool). The Tail hook sends strands to Core Sheath. See Chi Pool Note.</li> </ol>	<ol style="list-style-type: none"> <li>1. Tuck anchors underneath the connectors on either side of the muscles of the perineum.</li> <li>2. Move from center location of connector back to rear of pool to set anchor. (Do not anchor into corridor membrane- stay in pool.) Follow some fibers to the base of the HES into fittings at the core sheath.</li> </ol>
Dan Tien	Bio Layer 2-5" below belly button	<ol style="list-style-type: none"> <li>1. Move slightly down from the Dan Tien into each ovary (or into the location in the gut where the ovary used to be for women without ovaries) and into each of the testes for men.</li> </ol>	<ol style="list-style-type: none"> <li>1. Left/right ovary (or gut) or testes into the same location as the connectors.</li> </ol>
S Plex.	Bio Layer below sternum & heart, above waist at body center	<ol style="list-style-type: none"> <li>1. Down into outer edge of right &amp; left kidneys (influenced by the adrenal glands).</li> </ol>	<ol style="list-style-type: none"> <li>1. Pull behind the kidneys and set anchors into inner edge of right and left kidneys.</li> </ol>
Heart	Bio Layer below thymus at heart level	<ol style="list-style-type: none"> <li>1. Left &amp; right sides into the sternum located in front of the Heart Chakra.</li> <li>2. Move up from the Heart Chakra corridors (above the sternum connectors) and forward into the bottom of the thymus located at the center of the upper chest a few inches beneath the base of the throat.</li> </ol>	<ol style="list-style-type: none"> <li>1. Take down the left &amp; right anchor sets down inside the torso from the sternum to the lowest (floating) ribs on either side of the rib cage where it connects at spine. Anchor point is at the end of rib (the floating ribs are straight down from the armpits on either side).</li> <li>2. Pull the anchor set out of the thymus left &amp; right sides (the 2 strands will merge into one*** below the thymus); pull down through the body (front to back) into center of the vertebrae across from the low point of the floating ribs (the outside low side) &amp; anchor.</li> </ol>



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	Location	Connector	Anchor Set
Throat	Bio Layer base of thyroid	1. Lift connectors up to lateral thyroid and connect into the right and left sides of the thyroid.	1. Left and right sides of the thyroid at the same location as the connectors.
Brow	Bio Layer skull center above pituitary	1. Bring connectors slightly down to the left and right sides of pituitary gland.	1. Move laterally out to the left and right temples, anchor into the sphenoid bone (located at the center base of temple).
Crown**	Bio Layer top of head	1. Move out from the connectors (at fissures on top of skull) and up into the sutures in the skull on either side of the fontanel; travel down approx. 2-3" and connect into the left and right amygdalae. 2. Continue on down from amygdalae and connect into the outer left and right sides of the pineal gland ( <i>located toward the center and down from the amygdalae</i> ).	2. From the pineal gland, go directly back and set anchors to the right and left sides of the occipital parietal ridge ( <i>also known as the lambdoid suture</i> ) at the bony protuberance.
Solar	Mental Layer Acceptance Strata 18" above head	1. Place the hands together overhead in a prayer position (this usually activates the connectors) and then rub hands in a circle vigorously and stop with 3 quick twists of the palms together.	1. Move from the chakra connector at the palms by bringing hands down with arms stretched to either side of the body similar to the Virgin of Guadalupe halo. This sets anchors into the Mental Layer, Organization Strata, ( <i>located closer towards the physical body, past the Solar Chakra in the Acceptance Strata</i> ). There, the anchors will attach to Template strands on either side of the body.
Star	Spiritual Layer Intuition Strata 3-4' above head	1. Lifting the arms above the head extend light fingers into the Star Chakra corridors to stimulate it by grasping, twisting, & squeezing. Withdraw hands when stimulated. Insert light fingers into the 10 little finger holes running along side the outer corridors on the right and the left.	1. Extending arms straight out, shoot the 10 anchors out from each of the fingertips into the Spiritual Layer, Intuition Strata, as they fan out they will each hook into Template strands in 10 different locations. After 10-20 seconds bring arms down with palms out & fingers extending energy out to either side of the body in a Virgin of Guadalupe-like halo.
Divine Gate**	Soul Layer 15-20' above head below 4 aspects	1. From the sides of the corridors take down tube-like connectors toward the head joining together into one artery-like tube*** about 8" beneath the Star Chakra. Take this tube straight down into the center of the occiput at the skull base/spine top. Twist it firmly to the right. 2. From the occiput and continue the connector deep into the thalamus which is forward and slightly down toward the mid brain; screw into the center of the rear of thalamus	2. From the thalamus take the left and right anchors in opposite directions; take the right side up to where suspending ligaments anchor the Divine Gate at the inner edge alignment track to anterior right side, and take the left side down to where suspending ligaments anchor the Chi Pool at the inner edge alignment track to posterior left side. Massage anchor sets into action by drawing the chi from the Divine Gate down to the Chi Pool at the inner edge alignment track. Do this with one hand at the body front while drawing up the chi from the Chi Pool to the Divine Gate along the spine at the rear of the body.

\*Except the following whose connectors do not all originate in the corridors:

**Chi Pool** (roots & tail are both connectors of the Chi Pool), **Axis** (roots are also connectors of the Axis), **Root** (tail is a connector for the Root)

\*\*Both the Crown & Divine Gate are connected in two locations. First do 1 & then 2, following with anchor sets 2.

\*\*\*unique to this chakra: Either two connectors or two anchors combine into one